

TEXAS ALLIANCE
for
WORKSITE WELLNESS



THE TEXAS WELLNESS CALENDAR 2000

Health Observance News, Awareness Information, &
Lifestyle Education for the Texan at work, home, or just
on the go!

TAWW Members

American Heart Association Texas Affiliate

P.O. Box 15186,
Austin TX 78761
1700 Rutherford Lane
Austin, Texas 78754
**Gil Jester, Director of Corporate
Relations and Worksite Programs**
(512) 433-7143 (Direct Line)
(512) 433-7220
FAX: (512) 433-7266
GJester@heart.org

American Cancer Society, Texas Division

2433-B Ridgpoint Drive
Austin, Texas 78754 or
P.O. Box 149100
Austin, Texas 78714-9100
Amy Hoge
(512) 919-1833 (Direct Line)
FAX: (512) 919-1846

Workers Assistance Program, Inc.

2525 Wallingwood
Austin, Texas 78746
Anne Matthews
(512) 328-1144
FAX (512) 328-3437

National Healthcare Operations U.S. Pharmaceuticals Pfizer, Inc.

10807 Baxter Circle
Austin Texas 78736
Ron Cain
(512) 288-1960
(800) 233-7241 X 79366

Texas Cancer Council

211 East Seventh, Suite 710
Austin, Texas 78701
Mail: P.O. Box 12097, Capitol
Station
Austin, Texas 78701
Mickey L. Jacobs
Executive Director
(512) 463-3190
FAX: (512) 475-2563
mjacobs@tcc.state.tx.us

**Texas Workers Compensation
Commission
Safety Education Resources Health
and Safety Division, MS 24**
4000 South IH 35
Austin, Texas 78704
Dian Gilham Manager
(512) 440-3878
FAX (512) 912-2621

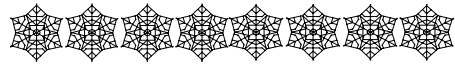
Texas Department of Health
1100 West 49th Street
Austin, Texas 78756- 3199

Mary Guzman
**Program Specialist - Community and
Worksite Wellness Program**
(512) 458-7111, X 6525
FAX: (512) 458-7618

Claire Heiser
Nutritionist
(512) 458-1111 X2298
(TDHWIC)
FAX: 458-7446
claire.heiser@tdh.state.tx.us

Jennifer Smith
**Program Director - Community and
Worksite Wellness Program**
(512) 458-7111, X2209
FAX: (512) 458-7618

January is. . .



the first month of the new century. Y2K is here with a millennium of wellness ideas and information for you!



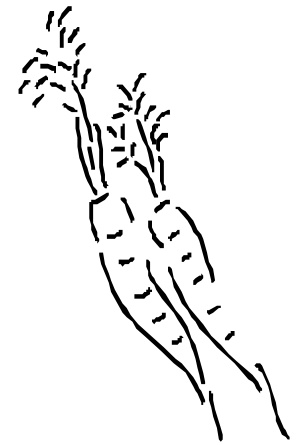
WELLNESS HIGHLIGHTS FOR THE MONTH:

*** January 16-22
Healthy Weight Week
(701)567-2646**

***January 23-29
Texas 5 A Day Week**

Texas Department of Agriculture's Lone Star Way to 5 A Day!

January 23-29th is Texas' 5 A Day Week. Held during the height of the winter growing season, this annual event offers educational information on the dietary value of fruits and vegetables as well as lifestyle activities to increase your consumption of Texas-grown produce right now! For more information contact the Texas Department of Agriculture at (512) 463-7420 or check out their website at **www.agr.state.tx.us**



TAWW Healthy Choice for January

**"Starve a cold, and feed a fever," -
*not exactly.***

There is never a good time to starve your body, least of all when you are sick. Make sure to rehydrate with water, juice, soups, and milk.

And remember Vitamin C cannot prevent or cure a cold, but eating a variety of fruits, vegetables, and their juices will help ensure you're getting what you need.



OTHER OBSERVANCES FOR JANUARY

- Birth Defects Prevention Month**
- National Eye Care Month**
- Cervical Health Month**
- National Glaucoma Awareness Month**
- Sight Saving Sabbath from January 15-16**
- School Nurse Day January 26**

JANUARY 2000

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Ring in 2000 with resolutions that make a difference! The Center for Science in the Public Interest has dietary tips that offer solid advice filled with alternatives and how to's. How about eating no more than two ounces of "regular" (full fat) cheese a week (lowfat or no-fat are still allowed), or switching from ground beef to veggieburgers, chicken breast, or ground turkey. For more information look into "10 Steps to a Healthy Diet" at CSPI www.cspinet.org						1
2 ♀ Schedule Your Yearly Pap	3	4	5	6	7	8
9	10	11	12	13	14	15 Sight Saving Sabbath begins at sundown
16 Healthy Weight Week Begins!	17 Martin Luther King, Jr. Day	18	19 Confederate Heroes Day	20	21	22 Healthy Weight Week Ends !
23 Texas 5 A Day Week Begins !	24	25	26 School Nurse Day	27	28	29 Texas 5 A Day Week Ends!
30	31	December <div><div>1234</div><div>567891011</div><div>12131415161718</div><div>19202122232425</div><div>262728293031</div></div>		February <div><div>12345</div><div>6789101112</div><div>13141516171819</div><div>20212223242526</div><div>272829</div></div>		

This calendar is brought to you by the Texas Alliance for Worksite Wellness

WELLNESS HIGHLIGHTS FOR THE MONTH:

- * American Heart Month
- * February 9
National Girls &
Women in Sports Day



February is Heart Month

Strengthen the Heart of Texas

We want to remind all Texans that wellness starts “deep in the heart,” and with cardiovascular disease being the No. 1 killer of Texans, there’s no better time than heart month to,...

Park it further, Pardner!

At work or at the mall, choose a space that allows for a short stroll to where you’re going. Sounds crazy, but it’s great exercise.

Ride it on the Side!

Ask for dressings, gravies, and sauces on the side to control your intake of unwanted fat and calories.

Stick to the Skinny on Sweets!

Eat fresh fruit, ices, gelatins, and angel food cake instead of regular pies and cakes.

Breaking Down Carbohydrate Myths

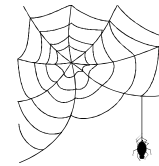
Have you heard that carbohydrates are bad for you? - Well, nothing could be further from the truth. However, wise choices within all food categories are the key to getting what you need while avoiding excesses.

Remember

- breads, cereals, rices, and pastas (preferably 100% whole grain), make up the healthy type of *complex* carbohydrates you should strive to make the staple of your diet with 6 to 11 servings per day

-fruits and some vegetables (peas, potatoes) provide a simpler form of carbohydrate along with a variety of anti-oxidant vitamins that breads and cereals may lack

-these carbohydrates provide energy, vitamins & minerals, and fiber



WEBSITE OF INTEREST:

for information on this year’s theme for heart month look up www.americanheart.org

Getting Lean Means Cooking Lean



Check these off as they become part of your routine in the kitchen!

- ☐ I use non-stick pans and spray oil when frying light or sauteeing
- ☐ I use herbs, spices, lemon, and stock to season my meats
- ☐ I use egg whites or substitutes in place of whole eggs with yolks
- ☐ I use reduced or no fat margarine, cheeses, and dairy products
- ☐ I use cocoa instead of chocolate when baking

FEBRUARY

2000

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

The Safe Riders Program of the Texas Dept. of Health urges you to buckle up and be safe. For more information on events and activities call 1-800-252-8255 or look into www.tdh.state.tx.us/injury/		1	2	3	4	5
6 National Cardiac Rehabilitation Week Begins	7	8	9 National Girls & Women In Sports Day	10	11	12 Lincoln's Birthday Cardiac Rehabilitation Week Ends
13 National Child & Passenger Safety Awareness Week Begins	14 St. Valentine's Day	15	16	17	18	19 National Child & Passenger Safety Awareness Week Ends
20	21 President's Day	22 Washington's Birthday	23	24	25	26
27	28	29				
		January 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			March 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	

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March is here, so



swing into Spring!

GOLF is a low-risk sport that has become even more popular in recent years. Because of its low intensity, to gain the maximum physical benefit from golf,

- walk the course and carry your clubs as often as you can
- nine holes is equivalent to one hour of brisk walking or 40 minutes of jogging

So sink a hole for health!

WELLNESS HIGHLIGHTS FOR THE MONTH:

* **National Nutrition Month**

* **National Collegiate Health and Wellness Week**

Walk on the Wellside

When earlier commitments to exercise start to fade, remember these quick walking activity tips that help you get the exercise you need without taking all day:

* Wake up 10 minutes earlier and take a walk around your house inside or out at a slightly brisk pace. It's a great way to get you going for the day, and you can pick up the newspaper or set out the trash.

* At work, take a 10-15 minute break to walk. Take a compact radio and earphones to listen to music or a story.

* After work, stop at a park and take another 10 minute stroll, or at home walk around the block and pick up the mail on your way back

Before you know it you would have accumulated a minimum of 30 minutes of moderate exercise - just what the Surgeon General recommends!



T.A.W.W. Healthy Choice for March

The slogan for National Nutrition Month ® 2000 is "**Food and Fitness: Health for a Lifetime,**"

and the American Dietetic Association (ADA) and its Foundation want you to know the importance of making informed food choices while staying physically active as well. Both are "key components to a healthy lifestyle." Here are some unusual "food and fitness" combinations you can try.

* Broccoli and Baseball:

Broccoli rates as one of the highest nutritive value vegetables with vitamin C, carotenoids, folate, and fiber. Try and get several servings a week. For fitness and fun, nothing beats good ol' baseball. Play regularly with family or friends, or join a city league. The season never ends.

* 1% Milk and One on One:

Switching to 1% or less fat milk can cut your fat intake considerably. It's as easy as moving your hand over a shelf or two to grab the 1% milk container instead of the 2% or whole.

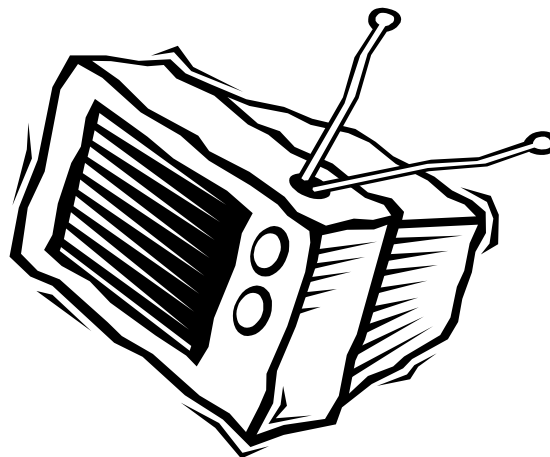
Challenge a friend or family member to weekly one on one rounds of basketball to add variety to your workout routine and a competitive edge.

MARCH 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Texas Independence Day	3	4
5 Save Your Vision Week Begins www.aoanet.org	6 National School Breakfast Week Begins www.asfsa.org	7	8	9	10 National School Breakfast Week Ends	11 Save Your Vision Week Ends
12	13	14	15	16	17 St. Patrick's Day	18
19 National Children and Healthcare Week Begins www.acch.org	20 FIRST DAY OF SPRING	21 American Diabetes Alert www.diabetes.org	22	23	24	25 National Children and Healthcare Week Ends
26	27	28	29	30	31 Cesar Chavez Day	
		February <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> <div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> </div> <div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> </div> <div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> </div> <div> <div>27</div> <div>28</div> <div>29</div> </div>			April <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> </div> <div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> </div> <div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> </div> <div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> </div> <div> <div>30</div> </div>	

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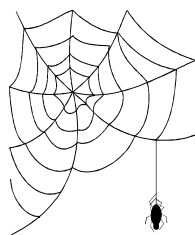
April is...
a month for less
watching and more
doing !



NATIONAL TV-TURNOFF WEEK

Is April 24-30th. This campaign from TV-Free America aims to reduce the amount of television Americans watch because too much TV keeps you from other activities that involve both the body and mind. Did you know:

- * the average adult watches 3 hours and 46 minutes of TV each day - more than 52 days of nonstop TV watching per year
- * the average youth spends 1,500 hours annually watching TV and only 900 hours in school
- * over the last 20 years, the rate of obesity in adults has risen from 25% to 35% while in teens, the rate has nearly doubled



WEBSITE OF INTEREST:

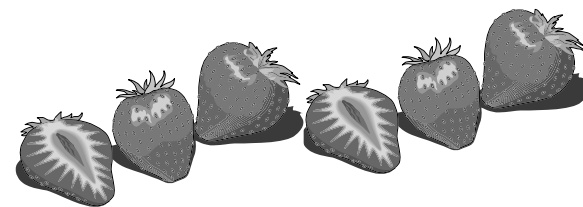
for information on National TV-Turnoff Week, or for a planning kit, look into **www.tvfa.org/turnoff**

TV FREE TIME TIPS:

1. Visit your local park
2. Walk to the library
3. Tend your garden
4. Enjoy a healthy snack

OTHER OBSERVANCES FOR APRIL

- > Alcohol Awareness Month
- > Cancer Control Month
- > Child Abuse Prevention Month
- > Youth Sports Safety Month



What's fun and sweet and red all over?

STRAWBERRIES!

Texas-grown strawberries are a snack and dessert favorite. 1 cup of fresh strawberries is nutrient packed with only 48 calories

90 mg of Vitamin C

28 micrograms of folate

4 grams of fiber

<1 gram of fat (fat free)

Blend some fresh strawberries, a banana, orange juice and ice cubes for a smooth and cool treat!

Or for some down-home fun, check out the 53rd Annual Poteet, Texas Strawberry Festival being held April 7-9th. For festivity information, call Poteet's Strawberry Association at (830)742-8144 or look up

www.strawberryfestival.com

APRIL 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																								
						1 April Fool's Day																																																																								
2 Daylight-Saving Time Begins	3 National Public Health Week Begins www.apha.org	4	5 Kick Butts Day www.tobaccofreekids.org	6	7 World Health Day www.aawhworldhealth.org Alcohol-Free Weekend Begins	8 YMCA Healthy Kids Day www.ymca.net																																																																								
9 National Public Health Week Ends Alcohol-Free Weekend Ends	10	11	12	13	14	15																																																																								
16 National Infants Immunization Week Begins www.cdc.gov/nip	17 National Minority Cancer Awareness Week Begins cis.nci.nih.gov	18	19	20 Passover	21 Good Friday San Jacinto Day	22 National Infants Immunization Week Ends																																																																								
23 Easter National Minority Cancer Awareness Week Ends	24	25	26 Secretary's Day	27	28	29 2000 March of Dimes Walk America Begins www.modimes.org																																																																								
30		March <table><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr></table>						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			May <table><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr></table>				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
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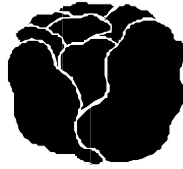
May gets you going!

T.A.W.W. Healthy Choice for May

When you think of **May** you think of mild weather days and flowers. Whether you're already active or just getting started, gardening is a wonderful low-risk, low-impact activity that adds beauty to your environment and clarity to your thoughts.

Community Gardening Ideas:

- ✿ Conduct an introduction gardening workshop for vegetable gardening and include 5 A Day information
- ✿ Organize individuals and neighborhood businesses to plant individual and group plots for beautification and fun



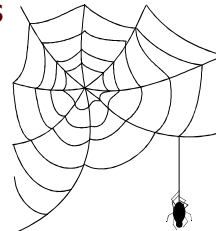
CREAM OF THE CROP

Although all vegetables are good for you, some are GREAT! - and really stand out as the cream of the crop when it comes to good nutrition. According to the Center for Science in the Public Interest's Nutrition Action Healthletter, the following list rate as the "top bananas":

- * *leafy greens like spinach, kale, and swiss chard*
- * *the deep orange-yellows like sweet potatoes and carrots*
- * *broccoli and brussels sprouts*
- * *green and red peppers*

Website of Interest:

With everything in bloom it's no wonder that May is ***Asthma and Allergy Awareness Month***. For materials and information look into **www.aafa.org**



OTHER OBSERVANCES FOR MAY

- > National Running and Fitness Week
- > National Bike Month
- > National Health and Employee Fitness Day
- > National Senior Health and Fitness Day
- > High Blood Pressure Education Month
- > National Melanoma/Skin Cancer Detection and Prevention Month
- > National Mental Health Month
- > National Osteoporosis Prevention Month
- > Better Sleep Month
- > National Stroke Month

ACE DAY - TEXAS 2ND ANNUAL ALL COMMUNITIES EXERCISE DAY:

What a great way to *start* getting active. Once again the Texas Physical Activity Network (TPAN) is encouraging all Texans to engage in some form of physical activity from 9 to 9:30am on Wednesday, May 3rd, 2000.

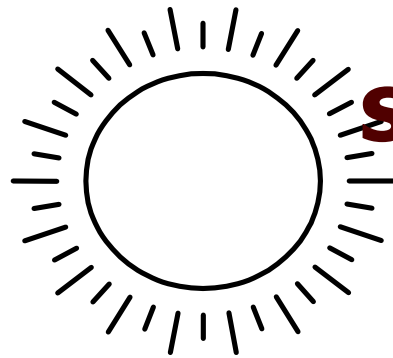
For more information look into our website at **www.tdh.state.tx.us/wellness** or call (512)458-7111 ext. 6524.

MAY 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 National Physical Education and Sports Week begins www.aahperd.org	2	3 Texas Ace Day	4	5	6 National Physical Education and Sports Week ends	
7	8 World Red Cross Day www.redcross.org	9	10	11	12	13	
14 Mother’s Day National Running and Fitness Week begins www.arfa.org	15	16	17 National Employee Health and Fitness Day www.physicalfitness.org	18	19	20 Armed Forces Day National Running and Fitness Week ends	
21	22	23	24	25	26	27	
28	29 Memorial Day	30	31 National Senior Health and Fitness Day World No Tobacco Day				
		April <div><div>23</div><div>310</div><div>411</div><div>512</div><div>613</div><div>714</div><div>815</div><div>916</div><div>1017</div><div>1118</div><div>1219</div><div>1320</div><div>1421</div><div>1522</div><div>1623</div><div>1724</div><div>1825</div><div>1926</div><div>2027</div><div>2128</div><div>2229</div><div>2330</div></div>			June <div><div>411</div><div>512</div><div>613</div><div>714</div><div>815</div><div>916</div><div>1017</div><div>1118</div><div>1219</div><div>1320</div><div>1421</div><div>1522</div><div>1623</div><div>1724</div><div>1825</div><div>1926</div><div>2027</div><div>2128</div><div>2229</div><div>2330</div></div>		

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June

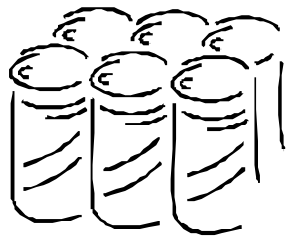


starts to sizzle as we wind into Summer!

WELLNESS HIGHLIGHTS FOR THE MONTH:

* **June 12 - 18 National
Men's Health Week**

* **June 3rd
National Trails Day**



**Soda
Busters
Summer
2000**



"Men"y Ways to Beat the Heat

1. After work, instead of a beer, try a sparkling drink of seltzer and citrus juice with ice and a sprig of mint for extra coolness
2. Instead of the same old cola, take juice packs blended from various fruits and even vegetables to work
3. Try an indoor sport for exercise such as swimming, racquetball, or kickboxing

OTHER OBSERVANCES :

- Fireworks Safety Month (thru July 4th)
- National Safety Month
- National Scleroderma Awareness Month
- National Headache Awareness Week 4-10th
- Helen Keller Deaf-Blind Awareness Week 25-1st
- Cancer in the Sun Month

COMING EVENTS:

The Texas Blueberry Festival in Nacogdoches is June 9-11th. Call the Nacogdoches Visitor's Bureau at 1(888) 564-7351 for more information.

IDEAS TO KEEP YOU COOL WITHOUT THE COLA!

FREEZE juice for flavorful ice cubes that you can add to water, punch, and other juices. TURN tomato juice into a spicy refreshment by adding lime, pepper, or hot sauce. ADD fruit/juices to iced teas for extra flavor and sweetness. FOR MORE INFORMATION CONTACT Mary Guzman at (512) 458-7670 or maria.guzman@tdh.state.tx.us

JUNE 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 National Trails Day 1-877-645-8757
4	5	6	7	8	9	10
11 National Men's Health Week ends Father's Day	12 National Men's Health Week begins www.menshealth.com	13	14 Flag Day	15	16	17
18 National Men's Health Week ends Father's Day	19 Emancipation Day	20	21 Soda Busters 2000 Kicks Off FIRST DAY OF SUMMER	22	23	24
25	26	27	28	29	30	
		May 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				July 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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JULY IS NATIONAL RECREATION AND PARKS MONTH

Texas has four national forests, two national parks, one national seashore, one national preserve, and two national recreation areas, so there's never a shortage of interesting things you can do:

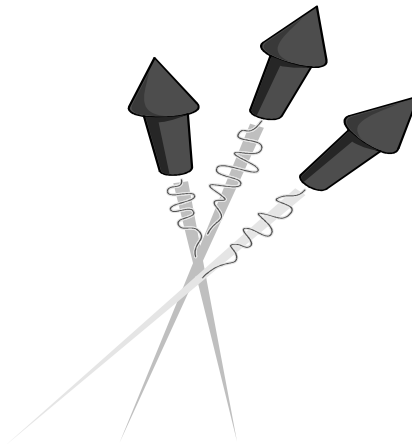
- * Birdwatch
- * Trail walk/jog
- * Rock climb
- * Hike
- * Row
- * Take photographs

July



WELLNESS HIGHLIGHTS FOR THE MONTH:

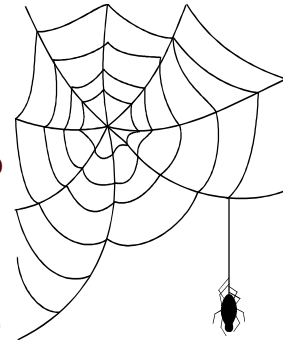
- ★ National Recreation and Parks Month
- ★ Hemachromatosis Screening Month
- ★ National Therapeutic Recreation Week 9-15th
- ★ International Massage Week 16-22nd



Website of Interest:

A touch can heal. The Associated Bodywork and Massage Professionals (ABMP) encourages you to celebrate International Massage Week by scheduling a massage for your body and your mind. For information look up

www.abmp.com



T.A.W.W. Healthy Choice for July

What do you do when baby fat becomes a problem? Choose to help your child defeat weight problems now for better health and a better life. The long days of summer are the perfect time to get your child started on a regular routine of physical activity that will hopefully last a lifetime. Young people should select activities they enjoy. Some good recommendations are:

- Bicycling 5 miles in 30 minutes
- Dancing fast for 30 minutes
- Jumping rope for 15 minutes
- Playing basketball for 20 minutes
- Playing volleyball for 45 minutes

JULY 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Independence Day Fireworks Safety Month Ends	5	6	7	8
National Therapeutic Recreation Week begins www.nrpa.org/ branches/ntrs.htm	10	11	12	13	14	15 National Therapeutic Recreation Week ends
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	June 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			August 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	

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August

The long hot summer comes to a close, so dive into health options that involve the wet stuff.



WATER IS ESSENTIAL

Unlike food, water cannot be stored so be sure to take in at least 8 cups per day. Sources include plain water, juices, other fruit beverages, and ice pops.

SWIMMING IS COOL!

1. Unlike jogging, step aerobics, and cycling swimming works more major muscle groups including the upper body
2. Swimming is a low-risk sport that is non-impact and non-weight bearing
3. Swimming improves cardiovascular health and helps to control your weight
4. It's fun for beginners and novices



SUMMER CROPS **What's hot and in season?**

The variety of fresh fruits and vegetables is greatest during the summer, so take advantage of August and stock up on the following Texas-grown harvest:

- > **apples**
- > **beans and peas**
- > **cantaloupes**
- > **greens and tops**
- > **all herbs**
- > **honeydew melons**
- > **onions**
- > **peaches**
- > **peppers (bell and others)**
- > **squash**
- > **tomatoes**
- > **watermelons**

WELLNESS HIGHLIGHTS **FOR THE MONTH:**

- 👉 **Spinal Muscular Atrophy Awareness Month**
- 👉 **World Breastfeeding Week 1-7th**

AUGUST 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 World Breastfeeding Week begins www.lalecheleague.org	2	3	4	5
6	7 World Breastfeeding Week ends	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Lyndon B. Johnson's Birthday	28	29	30	31		
		July 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			September 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	

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SEPTEMBER

WELLNESS HIGHLIGHTS FOR THE MONTH:

- * **Healthy Aging Month**
- * **National Cholesterol Education Awareness Month**
- * **National 5 A Day Week 10-16**
- * **Family Health and Fitness Day USA 23-24th**



HEALTHY AGING

Americans are living an average of 30 years longer than a century ago, however, too many times those golden years are plagued by preventable diseases and conditions. So remember to...

FOLLOW THE PYRAMID!

As we age, we need LESS calories but the same amount of nutrients. So be wise and follow the Food Guide Pyramid's recommendations of

- 6-11 servings of breads, cereals, rices, and pastas
- 5 servings of fruits and vegetables
- 2 servings of dairy foods
- 2 servings of meat/meat substitutes

STAY FIT!

Keep physically active. The best all around choices as we age are walking and water aerobics because of their low impact.

FIBER IS IMPORTANT

The National Cancer Institute recommends we consume 25 to 35 grams of fiber per day. Good sources of dietary fiber are

- 1.**grains:** whole grain breads, oat bran, oatmeal, and rice
- 2.**fruits & vegetables:** apples, pears, citrus fruit, broccoli, potatoes, and greenbeans
- 3.**legumes:** beans, peas, and lentils

Eat a good source at every meal to ensure you're getting enough!



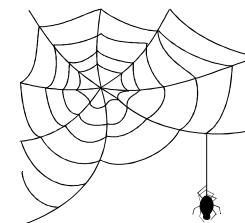
T.A.W.W. Healthy Choice for September

September is **National Food Safety Education Month**, so when preparing meats,

***1* KEEP IT CLEAN:**
wash counters and dishes with hot soapy water, and always keep raw and cooked foods separate

***2* KEEP IT COLD:**
refrigerate leftovers within 2 hours, and always thaw in the refrigerator.

WEBSITE OF INTEREST:



Getting your 5 servings of fruits and vegetables can cut your risk for cancer, help control your weight, and improve your overall health. For information on National 5 A Day week look up dccps.nci.nih.gov/5ADay/

SEPTEMBER

2000

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

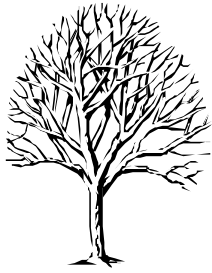
THURSDAY

FRIDAY

SATURDAY

					1	2
3	4 Labor Day	5	6	7	8	9
10 Grandparent's Day National 5 A Day Week Begins	11	12	13	14	15	16 National 5 A Day Week Ends
17	18 Ulcer Awareness Week Begins Prostate Cancer Awareness Week Begins	19	20	21	22 FIRST DAY OF AUTUMN Prostate Cancer Awareness Week Ends	23
24	25 Ulcer Awareness Week ends	26	27	28	29 Family Health and Fitness Day USA Begins	30 Family Health and Fitness Day USA Ends Rosh Hashanah
		August 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			October 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	

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COOL DAYS

Since the days are getting cooler try more outdoor activities. You'll enjoy the change, and the scenery.

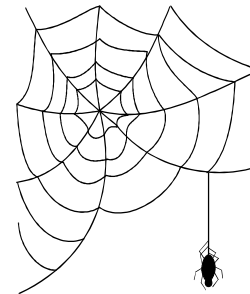
- 🕒 **Horseback riding**
- 🕒 **Field sports like soccer and football**
- 🕒 **Trail/mountain bicycling**
- 🕒 **Court sports like tennis and basketball**

WELLNESS HIGHLIGHTS FOR THE MONTH:

- * Child Health Month and Child Health Day on the 2nd
- * Family Health Month
- * Healthy Lung Month
- * American Heart Walk
- * National Adult Immunization Awareness Week 8-14th
- * National School Lunch Week 9-13th

Website of Interest:

Vegetarianism is a way of life to some, while to others, it is completely unappealing. During this month, make the effort to learn about vegetarianism and how more "plant" foods in our daily diet can translate to better health by looking into **www.veganet.com**



October

OCTOBER 10TH IS MENTAL HEALTH DAY

And the daily grind can be taxing on anyone's mental health. You have the power to reduce stress in your life.

- 1.** Make sure to get a minimum of 8 hours of sleep every night.
- 2.** Be confident enough to say no once in a while.
- 3.** Relax and unwind with beverages that don't contain caffeine.
- 4.** Don't skip meals, and don't eat on the run.
- 5.** Get away! Sometimes the best thing to do is to get away for a week end or even just a day.



OCTOBER 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Walk A Child to School Week Begins www.nsc.org/ walkable.htm	3	4	5	6	7
8 Walk A Child to School Week Begins	9 Columbus Day Yom Kippur	10	11	12	13	14
15 National Health Education Week begins www.nche.org	16 World Food Day (202)653-2404 Boss's Day	17	18	19	20	21 National Health Education Week Ends
22	23	24	25	26	27	28
29 Daylight-Saving Time Ends	30	31				
		September <div> <div>12</div> <div>3456789101112131415161718192021222324252627282930</div> </div>				November <div> <div>1234</div> <div>56789101112131415161718192021222324252627282930</div> </div>

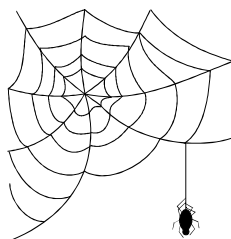
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T.A.W.W. Healthy Choice for November

Walk A Flight For

Fitness: The stairway at work may lead to your office and to a higher level of fitness. Remember -- even taking one or two flights several times a day burns calories at a rate of 10 to 18 calories per minute. Stairclimbing also tones muscles, SO walk a flight today!



Website of Interest:
Diabetic retinopathy is a leading cause of blindness in Texas. To learn more about prevention contact Prevent Blindness America at www.preventblindness.org

Quit for a Day,
Quit for a Lifetime



GREAT AMERICAN
SMOKEOUT (G.A.S.O.)
NOVEMBER 16, 2000
Contact the Office of Tobacco
Prevention and Control to
find out information on how
to participate in G.A.S.O at
(512) 458-7402 or look into
www.tdh.state.tx.us/otpc

November

WELLNESS

HIGHLIGHTS FOR THE NOVEMBER

- National Diabetes Month
- Great American Smokout 16th
- GERD Awareness Week 19-25th

Maintain No Gain :

The Texas Department of Health offers a wonderful program that any worksite, school, or community can use to keep their weight under control during the holidays. **Sound good?** Contact us at the Community and Worksite Wellness Program of the Texas Department of Health for technical assistance and a copy of the coordinator's guide at (512) 458-7670.

NOVEMBER

2000

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1	2	3	4
5	6	7 Election Day	8	9	10	11 Veteran's Day
12	13	14	15	16	17	18 Great American Smokeout
19 GERD Awareness Week Begins (414)964-2001	20 Maintain No Gain begins	21	22	23 Thanksgiving	24	25 GERD Awareness Week Ends
26	27	28	29	30		
		October 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			December 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	

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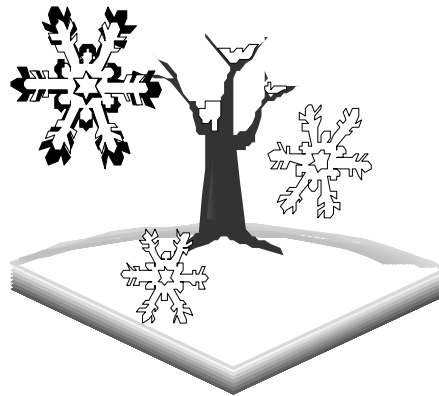
December is holiday time

DECEMBER WELLNESS HIGHLIGHTS

- ❖ *World Aids Day 1st*
- ❖ *National Drunk and Drugged Driving (3D) Prevention Month*

Holiday Health Tips

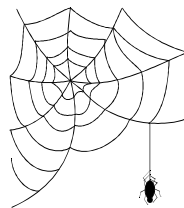
- ★ Bring healthy foods you love to holiday parties.
- ★ Add more vegetables to winter soups to get your 5 A Day and cut the fat.
- ★ When traveling, store all food items in the trunk.
- ★ Eat before you go shopping.
- ★ Decorate w/seasonal fruit bowls instead of nuts or candy.



Cold or Flu, Which are You?

Many people often mistake the common cold for the flu. Although a cold can be miserable with its sore throat and cough, the flu is much more serious with high fever, chills, muscle aches, and severe headaches. If you do catch a cold or the flu this season, remember

- ❖ Drink lots of fluids
- ❖ Get plenty of rest
- ❖ Take acetaminophen for fever
- ❖ Unless there is a secondary infection use of antibiotics to fight a virus-caused illness like a cold or flu is useless



Website of Interest:

Do you have health questions that need answers. Look into **www.drkoop.com** for current information and answers.

Healthy Recipe



Homemade Turkey Soup

To make this soup lower in fat, prepare it ahead of time, allow to cool, then skim off the fat that rises to the top.

6lb turkey breast (with at least 2 cups of meat on it to make a good soup)
2 medium onions (peeled and cut in lg pieces)
3 stalks of celery (washed and sliced)
1 tsp dried thyme
1/2 tsp dried rosemary
1/2 tsp dried sage
1 tsp dried basil
1/2 tsp dried marjoram
1/2 tsp dried tarragon
1/2 tsp salt
black pepper to taste
1/2 lbs Italian pastina or pasta

Steps:

1. Place turkey in 6 qt pot. Cover w/water.
2. Add cut onions and celery to pot.
3. Cover and simmer for ~2 1/2 hours.
4. Remove turkey breast and divide soup into shallow containers to cool in refrigerator.
5. Skim off fat from top.
6. Remove remaining turkey meat from breast and cut into pieces. Add meat back to soup.
7. Add herbs and spices, and bring to a boil.
8. Add pastina and continue cooking on low for 20 minutes until done.
9. Serve at once or refrigerate for later.

YIELD: 4 quarts **SERVING SIZE:** 1 cup
EACH SERVING PROVIDES: 226 calories, 5 g total fat, 93 mg cholesterol, 217 mg sodium

DECEMBER

2000

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1 World AIDS Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 First Day of Winter	22 Hanukkah begins	23
24	25 Christmas Day	26	27	28	29	30
31		November 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				January 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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2000 OBSERVANCES

Month by Month

JANUARY

- >National Birth Defects Prevention Month
- >Cervical Cancer Month
- >National Eye Care Month
- >National Glaucoma Awareness Month
- >National Volunteer Blood Donor Month
- >Healthy Weight Week (16-22)
- >Sight-Saving Sabbath (15-16)

FEBRUARY

- >American Heart Month
- >AMD/Low Vision Awareness Month
- >National Children's Dental Health Month
- >Wise Health Consumer Month
- >National Cardiac Rehabilitation Week (6-12)
- >National Girls and Women in Sports Day (9)
- >National Child Passenger Safety Awareness Week (13-19)
- >National Burn Awareness Week (6-12)
- >National Girls and Women in Sports Day (9)

MARCH

- >National Nutrition Month
- >Hemophilia Month
- >Mental Retardation Awareness Month
- >National Chronic Fatigue Syndrome Awareness Month
- >National Colorectal Cancer Awareness Month

MARCH continued

- >National Eye Donor Month
- >National Kidney Month
- >Workplace Eye Health and Safety Month
- >Save Your Vision Week (5-11)
- >National School Breakfast Week (6-10)
- >Pulmonary Rehabilitation Week (12-18)
- >Brain Awareness Week (13-19)
- >National Inhalants and Poisons Awareness Week (19-25)
- >Children and Healthcare Week (19-25)
- >National Poison Prevention Week (19-25)
- >American Diabetes Alert (21)

APRIL

- >Alcohol Awareness Month
- >Cancer Control Month
- >Counseling Awareness Month
- >Irritable Bowel Syndrome Month
- >National Autism Awareness Month
- >National Child Abuse Prevention Month
- >National Occupational Health Month
- >National STD Awareness Month
- >National Youth Sports Safety Month
- >Women's Eye Health and Safety Month

APRIL continued

- >2000 Walk America (29-30)
- >International Building Safety Week (2-8)
- >National Public Health Week (3-9)
- >Kick Butts Day (5)
- >World Health Day (7)
- >Alcohol-Free Weekend (7-9)
- >YMCA Healthy Kids Day (8)
- >National Infants Immunization Week (16-22)
- >National Minority Cancer Awareness Week (17-23)
- >National Organ and Tissue Donor Awareness Week (17-23)

MAY

- >Asthma and Allergy Awareness Month
- >Better Hearing and Speech Month
- >Better Sleep Month
- >Tuberous Sclerosis Awareness Month
- >Correct Posture Month
- >Hepatitis Awareness Month
- >Huntington's Disease Awareness Month
- >National Arthritis Month
- >National High Blood Pressure Education Month
- >National Melanoma/Skin Cancer Detection and Prevention Month
- >National Mental Health Month
- >National Neurofibromatosis Month
- >National Osteoporosis Prevention Month
- >National Sight-Saving Month
- >National Stroke Awareness Month

MAY continued

- >National Teen Pregnancy Prevention Month
- >National Digestive Diseases Month
- >National Trauma Awareness Month
- >Older Americans Month
- >Childhood Depression Awareness Day (2)
- >National Anxiety Disorders Screening Day (3)
- >National SAFE KIDS Week (6-13)
- >Mother's Day Comes Early for Too Many of Our Nation's Teens Day (7)
- >National Suicide Awareness Week (7-13)
- >Food Allergy Awareness Week (8-12)
- >National Mental Health Counseling Week (8-14)
- >National Stuttering Awareness Week (14-20)
- >National Running and Fitness Week (14-20)
- >National Emergency Medical Services Week (15-21)
- >National Employee Health and Fitness Day (17)
- >Buckle Up America! Week (22-29)
- >National Missing Children's Day (25)
- >National Senior Health and Fitness Day (31)

JUNE

- >Cancer in the Sun Month
- >National Safety Month
- >National Scleroderma Month
- >Stand for Children Day (1st)
- >Fireworks Safety Month (end July 4)

- >National Hug Holiday (4-10)
- >National Headache Awareness Week (5-11)
- >National Men's Health Week (12-18)
- >Light the Night for Sight (23-July 2)

JULY

- >National Therapeutic Recreation Week (9-15)
- >Hemochromatosis Screening Awareness Month
- >International Massage Week (16-22)

AUGUST

- >Medic Alert Awareness Month
- >World Breastfeeding Week (1-7)

SEPTEMBER

- >Baby Safety Awareness Month
- >Children's Eye Health and Safety Month
- >Healthy Aging Month
- >Leukemia Society Month
- >National Alcohol and Drug Addiction Recovery Month
- >National Cholesterol Education and Awareness Month
- >National Sickle Cell Anemia Month
- >National Farm Safety and Health Week
- >National Child Injury Prevention Week
- >National Respiratory Care Week
- >5 A Day for Better Health Week (10-16)
- >National Rehabilitation Week (17-23)
- >Prostate Cancer Awareness Week (18-22)
- >Family Health and Fitness Day USA (29-30)

OCTOBER

- >Auto Battery Safety Month
- >Campaign for Healthier Babies Month
- >Child Health Month
- >Healthy Choice American Heart Walk
- >Healthy Lung Month
- >Lupus Awareness Month
- >National AIDS Awareness Month
- >National Breast Cancer Awareness Month
- >National Crime Prevention Month
- >National Dental Hygiene Month
- >National Depression and Mental Health Month
- >National Disability Employment Awareness Month
- >National Family Health Month
- >National Family Sexuality Education Month
- >National Liver Awareness Month
- >National Physical Therapy Month
- >National Spina Bifida Month
- >National Sudden Infant Death Syndrome Awareness Month
- >Vegetarian Awareness Month
- >Talk About Prescriptions Month
- >Alzheimer's Association Memory Walk
- >National Mental Illness Awareness Week (1-6)
- >Child Health Day (2)
- >National Depression Screening Day (5)
- >National Adult Immunization Awareness Week (8-14)
- >National Fire Prevention Week (8-14)
- >National School Lunch Week (9-13)
- >World Mental Health Day (10)
- >World Food Day (16)

- >National Healthcare Quality Week
(16-20)
- >National Health Education Week
(16-22)
- >National Collegiate Alcohol Awareness
Week (16-22)
- >National Pharmacy Week (22-28)
- >Make A Difference Day (27)

NOVEMBER

- >National Diabetes Month
- >Diabetic Eye Disease Month
- >National Alzheimer's Disease
Awareness Month
- >National Epilepsy Awareness Month
- >National Home Care Month
- >National Hospice Month
- >Great American Smokeout (16)

DECEMBER

- >National Drunk and Drugged Driving
Awareness Month
- >Safe Toys and Gifts Month
- >World AIDS Day (1)
- >National Aplastic Anemia Week (1-7)